

# **Bami Goreng**

Total time 25 mins 25 mins preparation time

Nutritional facts (per portion):

2198 kJ / 525 kcal

## **INGREDIENTS**

4 portion(s)

1 tsp sambal oelek Kikkoman Teriyaki Sauce 3 tbsp with Roasted Garlic 4 tbsp vegetable or sunflower oil 2 carrots, cut into matchsticks 0.5 red pepper, deseeded and sliced **100** g mange tout, halved

spring onions, chopped chicken breast or twice as many chicken thighs, boned and cut into small

lengthways

pieces

100 g frozen peas
225 g egg noodles, cooked
200 g cooked peeled prawns
1 large egg, beaten
2 tbsp roasted salted peanuts,

coarsely chopped Kikkoman Naturally Brewed Soy Sauce

## **PREPARATION**

#### Step 1

Mix together the sambal oelek and Teriyaki sauce with roasted garlic.

### Step 2

Heat 2 tablespoons oil in a wok and stir-fry the carrots and pepper for 2 minutes. Add the mange tout and spring onions and stir-fry for a further 2 minutes. Remove and set aside.

#### Step 3

Add another tablespoon oil to the wok and stir-fry the chicken for 2 minutes. Add the stir-fried vegetables plus the peas, noodles and prawns and pour in the garlic mixture.

#### Step 4

Toss over the heat for 3-4 minutes or until piping hot. Transfer to a platter and keep warm.

### Step 5

Heat the remaining oil in a small frying pan and cook the egg until set. Cut into strips and pile on top of the noodle mixture. Serve with the peanuts scattered over and drizzled with soy sauce.